

FLAG FOOTBALL

GIRLS - ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2025 SEASON

July 30, 2025 - First Practice

August 14, 2025 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

October 4, 2025 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school flag football teams while they are members of a school flag football team.

D. RULES

1. National Federation of High School (NFHS) Flag Football rules apply with state adopted modification.
2. ASAA Mercy Rule: If there is a 19 or more point differential when the referee announces the 2 minute warning for the 4th period, or there after, the game shall be over.
3. ASAA Tie Breaker Procedure: At the end of regulation when the score is tied:
 - The officials will conduct one coin toss with the team captains. The winner of the toss will have the option of Offense, Defense or End of the field to put the ball in play.
 - The loser of the coin toss will choose from the remaining options.
 - To start the overtime, the offensive team shall put the ball in play, first and goal, on the defensive team's 10-yard line or succeeding spot if carry-over penalty has been administered anywhere between the hash marks.
 - The line to gain is always the goal line regardless of whether or not a penalty enforcement places the ball more than 10 yards from the goal line to start a new series.
 - The first offensive team shall have a series of four downs. That series shall be terminated by any score by the offensive. If the defensive team gains possession, the ball becomes dead immediately and the offensive team's series of downs is ended.
 - If the team on offense scores a touchdown, it is entitled to the opportunity for a try (1 pt or 2 pts)
 - After the first team on offense has completed its series of downs, the first team on defense will become the offense team with the ball in its possession at the same 10-yard line anywhere between the hash marks. The same end of the field will be used for possessions by both teams during the two sets of downs to ensure equal game conditions and conserve time.
 - If the score remains tied after each team has been given one series of downs, then the procedure shall be repeated with other overtime periods until a game winner is determined.

- The loser of the coin toss will be given first choice of the option of offense or defense
- If additional overtime periods are required, then first options will be alternated with no coin toss.
- Each team is awarded one additional time out per series. The Time outs do not carry over.
- No try will be attempted if the winner of the game has been determined.

E. CONFERENCES

All teams are assigned to conferences (See Flag Football Conferences). Conferences are responsible for setting their own bylaws and policies. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

F. MAXIMUM GAMES

A maximum of 20 games exclusive of a playoff system.

G. JAMBOREE

All players must have five (5) separate days of practice prior to the first day of the Jamboree. One quarter or 12 minutes maximum against each team in the jamboree. A team may play in only one jamboree each season. A jamboree does not count as a game against the 20 game limit.

H. INDIVIDUAL PARTICIPATION LIMITATION

When playing at two different levels (i.e. varsity and jv) players are limited to 6 quarters of play per day exclusive of invitational, conference and state tournaments. When playing at the same level, there must be a two-hour time lapse between the end of one game and the beginning of the next game. The maximum amount of games a player may participate in a given day is three.

I. STATE CHAMPIONSHIP

1. DATE

October 9-11, 2025

2. SITE & HOST

Wasilla High School, Wasilla
Hosted by ASAA and Wasilla High School

3. STATE CHAMPIONSHIP FORMAT

a. Type Elimination

The tournament is an eight team single elimination, consolation bracket.

b. Championship Schedule

A detailed schedule and bracket will be available online on the Flag Football State Information page.

c. Conference Berths (See Flag Football Conferences)

d. Bracket Rotations

2025-2026

Cook Inlet #1 vs. Cook Inlet #5
 Railbelt #2 vs. Cook Inlet #3
 Cook Inlet #2 vs. Railbelt #3
 Railbelt #1 vs. Cook Inlet #4

2026-2027

Cook Inlet #1 vs. Railbelt #3
 Railbelt #2 vs. Cook Inlet #4
 Cook Inlet #2 vs. Cook Inlet #3
 Railbelt #1 vs. Cook Inlet #5

f. Tie Breaker

All consolation games played on Friday that are tied at the end of regulation will use a modified tie breaker

4. STATE ROSTERS

Game Rosters may not exceed 30 players, but may vary from game to game, provided all players are listed on the official tournament roster. (See Bylaw Article 7, Section 10 and State Championship Roster Policy).

5. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining flag football championship information (i.e. roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Flag Football State Information webpage. State qualifying teams are required to review this document.

6. STATE CHAMPIONSHIP FORMS

All state forms are accessed through the School Activities Reporting System (SARS) and submitted online. More information and due dates can be found on the Flag Football coaches page at asaa.org. The following forms need to be submitted;

- Eligibility roster
- State Championship Entry Form
- State Championship Photo Upload Form
- State Championship Code of Conduct
- Good Sport Selection Form
- Academic Award Entry Form (submitted by admin, found at asaa.org)

7. AWARDS

a. First and second place trophies

b. Individual medallions for players, coaches, managers, of the first and second place teams

c. Team Sportsmanship Award

d. Academic Award

e. 12 All Tournament Team medallions awarded for outstanding tournament play, regardless of player position on the field.

f. Player of the game awarded to one player from each team each game

g. Two Good Sport Team Members Per Team

Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.

FLAG FOOTBALL CONFERENCES

Cook Inlet (5)

Bartlett
Bettye Davis East
Chugiak
Dimond
Eagle River
Service
South Anchorage
West Anchorage

Railbelt (3)

Colony
Houston
Lathrop
North Pole
Redington
Wasilla
West Valley